



EASTSIDE FAMILY YMCA | February 3rd - February 9th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|--|--|--|--|-------------------------|
| OPEN GYM Gym | 5:00AM-7:30AM (Gym) 4:00PM-8:45PM (Gym) | 5:00AM-7:30AM (Gym) 1:45PM-8:45PM (Gym) | 5:00AM-7:30AM (Gym) 10:45AM-11:30AM (Gym) 1:45PM-8:45PM (Gym) | 5:00AM-7:30AM (Gym) 1:45PM-8:45PM (Gym) | 5:00AM-7:30AM (Gym) 10:45AM-11:30AM (Gym) 1:45PM-6:00PM (Gym) 8:00PM-8:45PM (Gym) | 7:00AM-9:30AM (Gym) 4:00PM-5:45PM (Gym) | 11:15AM-4:45PM (Gym) |
| BASKETBALL: ADULT Gym | 11:30AM-1:30PM (Gym) | 11:30AM-1:30PM (Gym) | 11:30AM-1:30PM (Gym) | 11:30AM-1:30PM (Gym) | 11:30AM-1:30PM (Gym) | | 8:00AM-11:00AM (Gym) |
| OPEN GYM East Gym | 2:00PM-4:00PM (Gym) | | | | 6:00PM-8:00PM (Gym) | 2:00PM-4:00PM (Gym) | |
| OPEN GYM Family Gym | | 12:30PM-3:45PM (Gym) | | 5:00AM-8:00AM (Gym) 3:30PM-8:45PM (Gym) | 5:00AM-8:00AM (Gym) 12:30PM-5:00PM (Gym) 7:45PM-8:45PM (Gym) | | 8:00AM-9:00AM (Gym) |
| VOLLEYBALL: OPEN Gym | | 6:00PM-8:00PM (Gym) | | | | | |
| CLOSED: FAMILY GYM Family Gym | | | | | | 11:15AM-6:00PM (Gym) | 11:15AM-6:00PM (Gym) |



SCHOTTLAND FAMILY YMCA | February 3rd - February 9th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|---|------------------------|-------------------------|
| OPEN GYM Full Gym | 5:00AM-7:00AM (Gym) 11:00AM-1:00PM (Gym) 3:00PM-8:45PM (Gym) | 5:00AM-7:00AM (Gym) 2:30PM-8:45PM (Gym) | 5:00AM-1:00PM (Gym) 3:00PM-5:00PM (Gym) | 5:00AM-7:00AM (Gym) 8:30AM-9:30AM (Gym) 3:30PM-8:45PM (Gym) | 5:00AM-7:00AM (Gym) 8:30AM-12:30PM (Gym) 3:30PM-8:45PM (Gym) | 9:30AM-5:45PM (Gym) | 3:00PM-4:45PM (Gym) |
| OPEN GYM Turf Gym | 6:30AM-7:45AM (Gym) 2:00PM-5:00PM (Gym) 6:45PM-8:45PM (Gym) | 5:00AM-8:45AM (Gym) 11:00AM-8:45PM (Gym) | 6:30AM-9:15AM (Gym) 11:00AM-3:30PM (Gym) | 5:00AM-8:45AM (Gym) 11:00AM-8:45PM (Gym) | 6:30AM-9:15AM (Gym) 11:30AM-5:45PM (Gym) 6:45PM-8:45PM (Gym) | 8:30AM-5:45PM (Gym) | 9:30AM-4:45PM (Gym) |
| BASKETBALL: ADULT Full Gym | 7:00AM-8:30AM (Gym) | 7:00AM-8:30AM (Gym) | | 7:00AM-8:30AM (Gym) | 7:00AM-8:30AM (Gym) | | 11:00AM-1:00PM (Gym) |
| SCHEDULED PROGRAMMING: TURF GYM Turf Gym | 12:00PM-1:00PM (Gym) | 10:15AM-10:45AM (Gym) | | | | | |
| OPEN GYM East Gym | | 12:15PM-2:30PM (Gym) | | 9:30AM-11:45AM (Gym) | | | |
| SCHEDULED PROGRAMMING: CHILD CARE Family Gym | | | 9:00AM-9:45AM (Gym) | | | | |
| FAMILY GYM: CLOSED FOR SCHEDULED PROGRAMMING Family Gym | | | | | | 5:00PM-6:00PM (Gym) | |
| TURF GYM: CLOSED FOR SCHEDULED PROGRAMMING Turf Gym | | | | | | 5:00PM-6:00PM (Gym) | |



BAY VIEW FAMILY YMCA | February 3rd - February 9th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------|--|------------------------|--|--|--|----------|------------------------|
| OPEN GYM Gym | 5:30AM-6:00AM (Gym) 7:00AM-9:30AM (Gym) 4:00PM-6:00PM (Gym) | 5:30AM-9:30AM (Gym) | 5:30AM-6:00AM (Gym) 7:00AM-9:30AM (Gym) 4:00PM-9:00PM (Gym) | 5:30AM-8:00AM (Gym) 4:00PM-6:00PM (Gym) | 5:30AM-6:00AM (Gym) 7:00AM-9:30AM (Gym) 4:00PM-9:00PM (Gym) | | 8:45AM-2:00PM (Gym) |
| BASKETBALL: ADULT Gym | 6:00AM-7:00AM (Gym) | | 6:00AM-7:00AM (Gym) | | 6:00AM-7:00AM (Gym) | | |



NORTHWEST FAMILY YMCA | February 3rd - February 9th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|--|-------------------------|-------------------------|
| OPEN GYM Gym | 5:30AM-6:30AM (Gym) 10:45AM-11:15AM (Gym) 2:30PM-4:30PM (Gym) | 5:30AM-6:30AM (Gym) 11:15AM-12:00PM (Gym) 2:30PM-4:30PM (Gym) 5:30PM-6:00PM (Gym) 7:45PM-8:45PM (Gym) | 2:30PM-4:30PM (Gym) | 5:30AM-6:30AM (Gym) 2:30PM-4:30PM (Gym) 5:30PM-6:00PM (Gym) 7:45PM-8:45PM (Gym) | 5:30AM-6:30AM (Gym) 2:30PM-4:30PM (Gym) 5:30PM-8:45PM (Gym) | 11:00AM-5:00PM (Gym) | 11:00AM-1:45PM (Gym) |
| OPEN GYM West Gym | 4:30PM-5:30PM (Gym) | | 11:00AM-1:00PM (Gym) 4:30PM-5:00PM (Gym) | | | | |
| BASKETBALL: OLDER ADULT East Gym | | | 11:00AM-1:00PM (Gym) | | | | |

**CORNING FAMILY YMCA | February 3rd - February 9th**[illegible]



MAPLEWOOD FAMILY YMCA | February 3rd - February 9th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------|---|---|---|---|--|-------------------------|--------------------------|
| OPEN GYM Gym | 6:00AM-8:00AM (Gym) 12:30PM-1:30PM (Gym) 4:00PM-9:00PM (Gym) | 6:00AM-9:30AM (Gym) 11:30AM-1:30PM (Gym) 4:00PM-5:00PM (Gym) 8:00PM-9:00PM (Gym) | 11:30AM-1:00PM (Gym) 4:00PM-9:00PM (Gym) | 6:00AM-9:30AM (Gym) 11:30AM-1:30PM (Gym) 4:00PM-5:00PM (Gym) 8:00PM-9:00PM (Gym) | 6:00AM-8:00AM (Gym) 4:00PM-9:00PM (Gym) | 12:00PM-3:00PM (Gym) | 12:00PM-2:00PM (Gym) |
| OPEN GYM East Gym | 1:30PM-4:00PM (Gym) | 1:30PM-4:00PM (Gym) 5:00PM-8:00PM (Gym) | 1:30PM-4:00PM (Gym) | 1:30PM-4:00PM (Gym) 5:00PM-8:00PM (Gym) | 11:30AM-4:00PM (Gym) | 7:00AM-12:00PM (Gym) | 9:00AM-12:00PM (Gym) |
| FAMILY GYM West Gym | | 5:00PM-8:00PM (Gym) | | 5:00PM-8:00PM (Gym) | | | |
| BASKETBALL: ADULT West Gym | | | | | | 9:00AM-12:00PM (Gym) | 10:30AM-12:00PM (Gym) |



WESTSIDE FAMILY YMCA | February 3rd - February 9th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|-------------------------|------------------------|-------------------------|------------------------|------------------------|----------|--------|
| SCHEDULED PROGRAMMING: Child Care South Gym | 8:45AM-10:45AM (Gym) | | 8:45AM-10:45AM (Gym) | | 8:45AM-9:45AM (Gym) | | |
| OPEN GYM North Gym | 8:45AM-10:45AM (Gym) | | 8:45AM-10:45AM (Gym) | | 8:45AM-9:45AM (Gym) | | |
| SCHEDULED PROGRAMMING: Child Care Gym | 3:00PM-4:30PM (Gym) | 3:00PM-5:15PM (Gym) | 3:00PM-4:30PM (Gym) | 3:00PM-5:15PM (Gym) | 3:00PM-4:30PM (Gym) | | |
| BASKETBALL: ADULT Gym | 5:30PM-9:00PM (Gym) | | 7:30PM-9:00PM (Gym) | | | | |
| OPEN GYM South Gym | | 6:45PM-9:00PM (Gym) | | 6:45PM-9:00PM (Gym) | 5:30PM-9:00PM (Gym) | | |
| BASKETBALL: ADULT North Gym | | | | | 5:30PM-9:00PM (Gym) | | |



SANDS FAMILY YMCA | February 3rd - February 9th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--------------------------|-------------------------|--|---|--------------------------|--|------------------------|
| SCHEDULED PROGRAMMING: NORTH GYM North Gym | 10:00AM-12:45PM (Gym) | 9:15AM-10:30AM (Gym) | 10:00AM-12:45PM (Gym) | 9:15AM-10:15AM (Gym) | 10:00AM-12:45PM (Gym) | | |
| PARENT/CHILD TODDLER TIME Turf Gym | 10:30AM-11:30AM (Gym) | | 10:30AM-11:30AM (Gym) | | | | |
| VOLLEYBALL: BEGINNER ADULT Turf Gym | 7:10PM-8:00PM (Gym) | | | | | | |
| VOLLEYBALL: INTERMEDIATE ADULT Turf Gym | 8:00PM-8:50PM (Gym) | | | | | | |
| BASKETBALL: ADULT Gym | | 8:00PM-8:55PM (Gym) | | | 7:00AM-8:30AM (Gym) | | |
| OPEN GYM North Gym | | | 5:30AM-10:00AM (Gym) 12:45PM-6:15PM (Gym) | 10:30AM-1:00PM (Gym) 3:45PM-8:45PM (Gym) | | | |
| OPEN GYM South Gym | | | 12:45PM-6:15PM (Gym) | | | | |
| PROJECTION GAMES Turf Gym | | | | | 5:30PM-7:30PM (Gym) | 1:00PM-3:00PM (Gym) | 1:00PM-3:00PM (Gym) |
| OPEN GYM Turf Gym | | | | | | 9:30AM-1:00PM (Gym) 3:15PM-5:00PM (Gym) | 3:00PM-4:00PM (Gym) |